

HOURS OF OPERATION

M-F 8 am-4:30 pm, Sat 10 am-4 pm

SPECIAL EVENTS (Schedule subject to change)

- Craft Day With Staff
Friday, September 1, 10:30 am - 11:30 am in Lobby
- Facility Closed - Labor Day Holiday
Monday, September 4
- Humana Information Table in Lobby
Friday, September 8, 10:30 am— 12 pm
- Care 1st Information Table in Lobby
Friday, September 8, 10:30 am— 12 pm
- Lincoln Heritage Life Insurance Information Table
Monday, September 11, 10:30 am - 12 pm in Lobby
- Humana- Protect Yourself from Scams
Tuesday, September 12, 10:00 am - 11 pm in Room 108
- Haircuts- Caremore in Lobby
Wednesday, September 13 10:30 am— 12 pm
- Hand Massage Day With Tabetha
Wednesday, September 13, 10:30 am - 11:30 am in Lobby
- Manicure Day With Tabetha
Monday, September 18, 10:30 am - 11:30 am in Lobby
- Humana Information Table in Lobby
Friday, September 22, 10:30 am— 12 pm
- Senior Citizen Advisory Commission Meeting in Room 202
Wednesday, September 20, 9 AM
- Care 1st Information Table in Lobby
Friday, September 22, 10:30 am— 12 pm
- Financial Elder Abuse Presentation - CA Department of Insurance Enforcement Branch
Friday, September 22, 11 am - 12 pm in Room 108
- Orange County Foodbank
Saturday, September 23, 9:30 am— 1:00 pm in Room 108
- Lincoln Heritage Life Insurance Information Table
Monday, September 25, 10:30 am - 12 pm in Lobby
- Root Beer Floats - Caremore in Lobby
Wednesday, September 27, 10:30 am— 12 pm

DAILY ACTIVITIES

Monday—Friday

8 am-2 pm Friendly Cup Café open to All Ages
8 am-4:00 pm Billiards, Table Tennis, Games & Cards
10 am-2 pm Gift & Thrift Shop /Library Open
12 pm H.S.A. Senior Lunch \$

Monday—Wednesday

7-10 pm Round Dance \$

Monday—Thursday

8 am-7 pm Fitness Gym

Every Friday

8 am—3 pm Fitness Gym

Every Tuesday— 9:00 am, Cal Fresh Representative

Every Tuesday— 10:00 am, Tai Chi Moving for Better Balance

Every Thursday—9:30 am, HICAP Representative, by appointment

City of Long Beach Department of Parks, Recreation & Marine, Community Recreation Services

SEPTEMBER 2017

HELP CHANGE THE FUTURE OF AGING IN THE
LOS ANGELES REGION.

Visit PurposefulAging.com to take the survey today!
An Age Friendly Initiative - County of Los Angeles

Long Beach Senior Center

The Place Where Fun Begins!

1150 E. 4th Street, Long Beach, CA 90802 (562) 570-3500



**SENIOR CITIZEN ADVISORY
COMMISSION MEETING:**
Wednesday, September 20 - 9 AM Room 202

	MON	TUE	WED	THU	FRI	SAT
California Admission Day 					9 Tap Dance 1 9 Reading Group 9:30 Body Works 10 Lapidary 1 Moving Easy	10 Weaving 10 Lapidary 10 Gray Panther 11 Bingo 11:30 ZUMBA Gold \$
National Grandparents Day 	Labor Day Holiday Facility Closed	4 8 Senior Striders 8:30 Meditation in Motion 9:30 Stretch n' Flex 10 Flower Making 101 1 Social Dance \$ 1 Tai Chi 1 Sing Along	6 8 Wood Carving 8 Brown Bag 9 Variety Band 9 Knit & Crochet 9:30 Body Works 10:30 Chair Aerobics 11:30 Beg. Spanish 1 Moving Easy	7 8 Senior Striders 8:30 Meditation in Motion 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 11 Senior Striders 1 Tai Chi 1 Beg. Weaving	8 9 Tap Dance 9 Reading Group 9:30 Body Works 10 Lapidary 1 Moving Easy	9 10 Weaving 10 Lapidary 11 Bingo 11 Red Hat Society 11:30 ZUMBA Gold \$ 12 Round Dance Clinic \$
Patriot Day 	8 Wood Carving 11 9:30 Body Works 10 Sewing 1 Wii Bowling 1 Moving Easy 2 Sudoku Class 5 Karaoke Cafe 7 Courage to Change	12 8 Senior Striders 8:30 Meditation in Motion 9:30 Stretch n' Flex 10 Flower Making 101 1 Social Dance \$ 1 Tai Chi 1 Sing Along	13 8 Wood Carving 9 Variety Band 10 Knit & Crochet 9:30 Body Works 10:30 Chair Aerobics 11:30 Beg. Spanish 1 Moving Easy	14 8 Senior Striders 8:30 Meditation in Motion 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 11 Senior Striders 1 Tai Chi 1 Beg. Weaving 1 Karaoke Café	15 9 Tap Dance 9 Reading Group 9:30 Body Works 10 Lapidary 1 Moving Easy	16 10 Weaving 10 Lapidary 11 Bingo 11:30 ZUMBA Gold \$ 11:30 Filipino American Dance
International Day Of Peace 	8 Wood Carving 18 9:30 Body Works 10 Sewing 1 Wii Bowling 1 Moving Easy 2 Sudoku Class 5 Karaoke Cafe 7 Courage to Change	19 8 Senior Striders 8:30 Meditation in Motion 9:30 Stretch n' Flex 10 Flower Making 101 1 Social Dance \$ 1 Tai Chi 1 Sing Along	20 8 Wood Carving 9 Brown Bag 9 Variety Band 9 Knit & Crochet 9:30 Body Works 10:30 Chair Aerobics 11:30 Beg. Spanish 1 Moving Easy	21 8 Senior Striders 8:30 Meditation in Motion 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 11 Senior Striders 1 Tai Chi 1 Beg. Weaving	22 9 Tap Dance 9 Reading Group 9:30 Body Works 10 Lapidary 1 Moving Easy	23 9 OC Food Bank 10 Weaving 10 Lapidary 11 Bingo 11:30 ZUMBA Gold \$
National Dog Week 	8 Wood Carving 25 9:30 Body Works 10 Sewing 1 Wii Bowling 1 Moving Easy 2 Sudoku Class 5 Karaoke Cafe 7 Courage to Change	26 8 Senior Striders 8:30 Meditation in Motion 9:30 Stretch n' Flex 10 Flower Making 101 1 Social Dance \$ 1 Tai Chi 1 Sing Along	27 8 Wood Carving 9 Variety Band 9 Knit & Crochet 9:30 Body Works 10:30 Chair Aerobics 11:30 Beg. Spanish 1 Moving Easy	28 8 Senior Striders 8:30 Meditation in Motion 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 11 Senior Striders 1 Tai Chi 1 Beg. Weaving 1 Karaoke Café	29 9 Tap Dance 9 Reading Group 9:30 Body Works 10 Lapidary 1 Moving Easy	30 10 Weaving 10 Lapidary 11 Bingo 11:30 ZUMBA Gold \$

